How should I wash my hands?

Hand washing saves lives!
Follow these simple steps to protect you and your loved ones from COVID-19!

**STEP 1:** Wet your hands with water.

**STEP 2:** Apply enough soap to cover your hands fully.

**STEP 3:** Rub your hands together, both the front and back.

**STEP 4:** Scrub your hands for at least 20 seconds!

**STEP 5:** Rinse your hands with clean water.

**STEP 6:** Dry your hands.

Please remember to wash your hands for **20-30 seconds** with soap and water.

CDC: https://www.cdc.gov/handwashing/when-how-handwashing.html